Monday				
Time	Program	Lanes		
5-8 AM	Open Swim	All Areas		
8-9 AM	Open Swim	Beach & Cove		
8-9 AM	Gentle Aqua	L 3-5		
9-9:30 AM	Open Swim	All Areas		
9:30-11:15 AM	Open Swim	Beach, Cove, L 3		
9:30-11:15 AM	Group Swim Lessons	L 4-5		
11:15 AM-12:15 PM	Aqua Tone & Stretch	All Areas		
12:15-3 PM	Open Swim	All Areas		
3-4:45 PM	Lap Swim	L 3		
3-4:45 PM	Open Swim	Beach, Cove		
3-4:45 PM	Private Swim Lessons	L 4-5		
4:45-7:45 PM	Closed for Progams	All Areas		
7:45-9:45 PM	Open Swim	All Areas		

Thursday			
Time	Program	Lanes	
5-6 AM	Open Swim	All Areas	
6-7 AM	Open Swim	Beach & Cove	
6-7 AM	Aqua Tabata	L 3-5	
7-8 AM	Open Swim	Beach, Cove, L 3-4	
7-8 AM	Private Swim Lessons	L 5	
8-9 AM	Aqua Yoga/Ai Chi	All Areas	
9-9:30 AM	Open Swim	Beach, Cove, L 3-4	
9-9:30 AM	Private Swim Lessons	L 5	
9:30-11:45 AM	Open Swim	Beach, L 3	
9:30-11:45 AM	Group Swim Lessons	Cove, L 4-5	
11:45 AM-12:45 PM	PWW	All Areas	
12:45-3 PM	Open Swim	Beach, Cove, L3-4	
12:45-4:45 PM	Private Swim Lessons	L 5	
3-4:45 PM	Lap Swim	L 3	
3-4:45 PM	Open Swim	Beach, Cove L4	
4:45-7:45 PM	Closed for Progams	All Areas	
7:45-9:45 PM	Open Swim	All Areas	

Sunday			
Time	Program	Lanes	
7-8 AM	Open Swim	All Areas	
8-9 AM	Open Swim	Beach, Cove, L 3	
8-9 AM	Private Swim Lessons	L 4-5	
9 AM-1 PM	Closed for Programs	All Areas	
1-2 PM	Open Swim	Beach & Cove	
1-2 PM	Private Swim Lessons	L 3-5	
2-5:30 PM	Family Swim	All Areas	

Tuesday			
Time	Program	Lanes	
5-6 AM	Open Swim	All Areas	
6-7 AM	Open Swim	Beach & Cove	
6-7 AM	Aqua Tabata	L 3-5	
7-8 AM	Open Swim	All Areas	
8-9 AM	Aqua Yoga/Ai Chi	All Areas	
9-10:30 AM	Open Swim	Beach, Cove, L3	
9:00-10:30 AM	Group Swim Lessons	L 4-5	
10:30-11:45 AM	Closed for Programs	All Areas	
11:45 AM-12:45 PM	PWW	All Areas	
12:45-3 PM	Open Swim	All Areas	
3-4:45 PM	Lap Swim	L 3	
3-4:45 PM	Open Swim	Beach, Cove, L4	
3-4:45 PM	Private Swim Lessons	L 5	
4:45-7:45 PM	Closed for Progams	All Areas	
7:45-9:45 PM	Open Swim	All Areas	

Friday			
Time	Program	Lanes	
5-8 AM	Open Swim	All Areas	
8-9 AM	Open Swim	Beach & Cove	
8-9 AM	Aqua Zumba	L 3-5	
9-11:15 AM	Open Swim	All Areas	
11:15 AM-12:15 PM	PWW	All Areas	
12:15-3:00 PM	Open Swim	All Areas	
3-4:45 PM	Lap Swim	L 3	
3-7:30 PM	Open Swim	Beach, Cove	
3-7:30 PM	Private Swim Lessons	L 4-5	
4:45-7:30 PM	Private Swim Lessons	L 3	
7:30-8:45 PM	Open Swim	All Areas	

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Lap Swim: Generally reserved for swimmers 12+ using the lane productively.

Personal Water Workout (PWW): Independent water walking, jogging, or aqua fitness

OPEN SWIM: Lanes are available for all types of swimmers including lap swimmers, aqua jogging, and families. During open swim, please share lanes with swimmers doing similar activities.

Family Swim: Lap lanes are removed aside from safety lines. Open space is available for swimmers of all ages to swim recreationally. Pool elements will be turned on and the water slide will be available as long as we can safely operate it.

Wednesday			
Time	Program	Lanes	
5-8 AM	Open Swim	All Areas	
8-9 AM	Open Swim	Beach & Cove	
8-9 AM	Cardio Splash	L 3-5	
9-11:15 AM	Open Swim	Beach, Cove, L 3-4	
9-11:15 AM	Private Swim Lessons	L 5	
11:15 AM-12:15 PM	Aqua Tone & Stretch	All Areas	
12:15-3 PM	Open Swim	All Areas	
3-4:45 PM	Open Swim	Beach, Cove	
3-4:45 PM	Ability Programs	L 3	
3-4:45 PM	Lap Swim	L 4	
3-4:45 PM	Private Swim Lessons	L 5	
4:45-7:45 PM	Closed for Progams	All Areas	
7:45-9:45 PM	Open Swim	All Areas	

Saturday		
Time	Program	Lanes
7-9 AM	Open Swim	All Areas
9 AM-1 PM	Open Swim	Beach & Cove
9 AM-1 PM	Private Swim Lessons	L 3-5
1-2 PM	Open Swim	All Areas
2-5:30 PM	Family Swim	All Areas

ONE TIME CLOSURES		
November 2	Swim meet 8:30 AM-4 PM All Areas	
Pool will be closed to members during the above times.		

IMPORTANT NOTE: While we try to adhere to this schedule, it may change due to unexpected circumstances. If programs are not running, such as swim team or private lessons, those lanes will be available for lap swim.

Children 12 and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open or family swim they will need to acquire their color-appropriate wristband from the Welcome Center when checking in. For additional information, please review our Test, Mark, Protect Parent Guidelines.